

CHHOTI CHHOTI

BATEIN

SEPTEMBER 2000

VOL.2 NO. 6



INSIDE THIS ISSUE

True Friendship	1	Getting Ahead	8
Putting it together	2	On the Alert	9
Perseverance Pays Off	3	What's Relativity	10
The Best Treatment	5	Tough Decisions	13
Perceived Obstacles	6	For the Violent-Tempered	15
A Lesson	7	News To lead a better life	16

TRUE FRIENDSHIP

If I knew you and you knew me,
If both of us could clearly see
With our inner sight divine
The meaning of your heart and mine.
I am sure that we would differ less
And clasp our hands in friendliness.

If I knew you and you knew me,
As each one knows his own self, we
Could look each other in the face
And see therein a truer grace.
Life has so many hidden woes,
So many thorns for every rose!
The 'why' of things our hearts could see
If I knew you and you knew me.

N.Waterman



Publisher / Printer : Shoaib S. Ranalvi
Tara Mahal, 5th Road, Khar (W),
Mumbai - 400 052
Owner's Name : Source Publishers Pvt Ltd
Printing Press : Jagruti Printing Press
Trimurti, 91-C Taty Gharpure Path,
Girgaum, Mumbai - 400004
Compiled by : Shoaib S. Ranalvi

Copyright © 2000 by Source Publishers Pvt. Ltd. All rights reserved.

PUTTING IT TOGETHER



Dad had a hard day at the office and all he wanted was a little peace and quiet. But little Rohit thought differently. He wanted some time with his Dad.

Dad settled down comfortably in a chair with his newspaper. Rohit tugged away at his sleeve. To keep his son occupied for a while, Dad tore off a 'Map of the World' from the newspaper, made several pieces of it, and gave it to the boy. "go, put the world together," he said

Rohit was back in no time. He had finished putting the world together. Dad was very surprised for it was no easy task for a three-year old. "How did you do it so quickly?" he asked his son.

"That was easy", said the boy, "At the back of the world picture there is a picture of a man. I put the man together and the world came out all right."

PERSEVERANCE PAYS OFF

In one of the decisive battles of World War I, disastrous reports poured into the headquarters of Marshal Foch, the commander of the Allied Forces. This great general was faced with reverses that would have overwhelmed most of us. But he never lost heart. When things were at their worst, he drafted his famous order that is now in all textbooks of military strategy:

'My centre is giving way, my right is pushed back, my left is wavering. The situation is excellent, I shall attack!'

The success that followed the Allied attack broke the spine of the Armies of the Central Power.

There is an old and true saying that the battle is won by the force that stays in the field to the last fifteen minutes.



EXCUSE ME

Rohan was quick with excuses. One morning when he came to school unprepared, the teacher asked wearily: 'Well, Rohan, what is your excuse this morning?'

'Well, sir, you said yesterday that we were to do lesson seventeen.'

'Yes.'

'Then last night, Mohan told me that it was lesson eighteen that we were supposed to do.'

'But you didn't bring in any,' the teacher pointed out.

'Well, I was afraid to do the wrong one.'

IN GIVING WE RECEIVE

I had gone abegging from door to door in the village path, when your golden chariot appeared in the distance like a gorgeous dream and I wondered who was this king of kings! My hopes rose high and I thought that my evil days were over and I stood waiting for alms to be given unasked and for wealth scattered on all sides in the dust.

The chariot stopped where I stood. Your glance fell on me and you came down with a smile. I felt that the luck of my life had come at last. Then of a sudden you did hold out your right hand and say, 'what have you to give me?'

Ah! What kingly jest was it to open your palm to a beggar to beg! I was confused and stood undecided, and then from my wallet I slowly took out the least little grain of corn and gave it to you. But how great my surprise when at the day's end, I emptied my bag on the floor to find a least little grain of gold among the poor heap. I bitterly wept and wished that I had had the heart to give you my all.

R.Tagore



Stand through life firm as a rock in the sea, undisturbed and unmoved by its ever-rising waves.

(Hazrat Inayat Khan)

Success seems to be largely a matter of hanging on after others have let go.

(William Feather)

BLACK AND WHITE

A man once took a piece of white cloth to a dyer to have it dyed black. He was so pleased with the result that after a time he went back to him with a piece of black cloth and asked him to dye it white. But the dyer answered, 'A piece of cloth is like a man's reputation, it can be dyed black but it cannot be made white again.'



THE BEST TREATMENT

An eminent baby specialist had a standard treatment for frail newborn infants who failed to gain weight.

When he came to such a baby's chart in the hospital during his rounds, he invariably scrawled the following prescription and gave it to the nurse on duty: 'This baby to be loved, every three hours.'



PAID IN FULL

The white-haired surgeon smiled down at the frail old lady. 'You've done it Miss Susila! You can go home tomorrow.'

I didn't do it doctor. It was your skill, your great kindness! She hesitated and then went on. 'Your bills are always so small Doctor, and I even have to remind you to send them. I haven't much but I want to pay something. Remember that and please let me know what I owe you.'

The surgeon nodded briskly and said he would not forget.

Two days later Miss Susila received her bill. The figure was shockingly large. But across the bottom of the sheet in the doctor's firm hand, were the words: 'Paid in full with a gracious personality.'



PERCEIVED OBSTACLES

When I was a Boy Scout we played a game when new Scouts joined the troop. We lined up chairs in a pattern, creating an obstacle course through which the new scouts, blindfolded, were supposed to manoeuvre. The Scoutmaster gave them a few moments to study the pattern before our adventure began. But as soon as the victims were blindfolded, the rest of us quietly removed the chairs.

I think life is like this game. Perhaps we spend our lives avoiding obstacles we have created for ourselves and in reality only exist in our minds. We are afraid to apply for the job, take violin lessons, learn a new language, call on an old friend - whatever it is that we would really like to do but don't because of perceived obstacles.

Don't avoid any chairs until you run smack into them. And if you do at least you'll have a place to sit down.

(Pierce Vincent Eckhart)



A LESSON

The young teacher was working in her garden on a Sunday morning. One of her 12-year-old students was walking by the gate looking very upset. The teacher asked her what was wrong.

The girl talked about her troubles, about 'a tremendous disappointment' that would 'ruin her life'.

The teacher took the girl into her kitchen. She put some water into a cup and held it out.

'Is the cup half empty or half full?' she asked.

'Half empty,' the girl said.

'Half full,' the teacher replied with a smile.

'It is both,' conceded the girl.

'Yes, it is both. Life is like that. Each of us has some sorrow and some happiness. It depends on how we see the cup...'



FAULTY LOGIC

A young married couple was discussing the possibilities of buying a new car. The wife was strongly in favour of the idea, but her husband was a little more cautious.

'But dear,' he finally protested, 'if we buy a new car, how in the world will we ever pay for it?'

'Well,' she replied, 'let's not confuse the issue by considering two problems at the same time.'

GETTING AHEAD

WALTER AND MICKEY



Walter was just a free-lance artist. He tried to sell his sketches to newspapers without any success. He was told he had no talent. But Walter had faith in his abilities and kept trying to sell his work.

He finally got a job making drawings for some publicity material. To do this work, he rented an old mouse infested garage. He also continued to do free-lance drawings, in the hope that somebody would buy them.

One little mouse in that garage must have inspired him, for he created a cartoon character called Mickey Mouse. Walt Disney was on his way to success.



ON THE ALERT

A group of applicants were waiting to be interviewed for a job as wireless operator. But they were talking so loudly that they paid no attention to the dots and dashes, which began coming over the loudspeaker.

A man sitting quietly by himself, suddenly jumped up and walked into the private office. He came out a few minutes later, smiling.

'Say,' said one of the group, 'how did you get in ahead of us. We were here first.'

'It's your own fault. Anyone of you could have had the job,' he replied, 'if you had listened to the message over the loudspeaker.'

'What message?' they asked in surprise.

'The code,' he answered. 'It said: The man I need must always be on the alert. The first man who gets this message and comes directly into my private office will be placed on one of my ships as operator.'



BUSY ABOUT WHAT?

A cartoon showed the boss bustling into his bewildered secretary's office with several 'important-looking' papers in his hand. The caption read:

'You know the rush work I asked you to rush out this morning before you rush out the rush work I gave you yesterday? Well, rush this out first'



WHAT'S RELATIVITY

His hostess at a social gathering once asked Alfred Einstein, to explain his theory of relativity. The great mathematician explained it in this way: 'I was once walking in the country on a hot day with a blind friend and I said that I would like a drink of milk.

'Milk?' said my friend, 'drink I know, but what is milk?'

'A white liquid,' I replied.

'Liquid I know, but what is white?'

'The colour of a swan's feathers'

'Feathers, I know, but what is swan?'

'A bird with a crooked neck.'

'Neck, I know, but what is crooked?'

Thereupon I lost my patience. I seized his arm and straightened it. 'That is straight,' I said. Then I bent it at the elbow and said, 'that is crooked.'

'Ah!' said the blind man, 'Now I know what you mean by milk''



PROFILE

J.KRISHNAMURTI

He is considered one of the greatest philosophers India has produced since Vivekananda. His life was devoted to unravelling the mystery of life and death, of sorrow and suffering, unaided by any religious dogma or belief.

At a very young age, he was picked up from an ordinary Telugu Brahmin family and groomed to become 'the world teacher'. But contrary to expectations of his mentors, he began his long ministry at the age of 34 with a declaration that truth was a pathless land and that one had to be a light unto oneself. His lesson, 'you are the world and the world is you.'

The philosopher, widely adored by the elite, passed away at the ripe age of 91 in California.



We have enough people who tell it like it is. Now we could use a few who tell it like it can be.

(Robert Orben)

Chhoti Chhoti Batein is an ideal birthday gift.
Circulate Chhoti Chhoti Batein to your family.
Specially to young members

A man had fallen between the rails in an underground station when Nasrudin came along one afternoon. People were crowding around, all trying to get him out before a train ran him over.



They were shouting, "Give me your hand!" But the man would not reach up.

The Mulla elbowed his way through the crowd and leant over to the man. "Friend," he said, "What is your profession?"

"I am an income-tax inspector," gasped the man.

"In that case" said Nasrudin, "take my hand! The man immediately grasped the Mulla's hand and was hauled to safety.

Nasrudin turned to the open-mouthed audience. "Never ask a tax man to give you anything", he said, and walked away.



THE DESIRE TO ACHIEVE

To any man worth his salt, the desire for personal gain is not his chief reason for working. It is the desire to achieve, to be a success, to make his job something worthy of his mettle and self-respect. Money plays an important part in this- it is stupid to deny it – but it is not the most important part...it is no regret to me that I was not the son of a rich man. My father indeed had riches, but of the mind, not of the pocket. The least valuable thing a parent can endow a strong healthy son with, is money. Counsel, correction and example should count far more in equipping him for the battle of life.

(Lord Nuffield)



TOUGH DECISIONS

If you have tough decisions to make consider these suggestions from Barbara Varenhorst, a psychologist, and Daralee Schulman, a career and stress-management consultant.

- Be aware that you can't control the outcome of the decision, only the decision-making process.
- Start the process by identifying your wants and needs. Jot them down on paper even if they are contradictory.
- Rank the things you want and need. If you spot contradictory needs ask yourself, 'which would I choose?' Example: If you are seeking a new job, do you prefer a high salary or creative freedom?

- Gather all the information necessary to make that decision, look at alternatives, consequences, advantages and disadvantages. Don't let your emotions interfere with this process. Be as objective as possible.
- Determine how much of a risk you're willing to take. Once you've done this, consider these strategies:
- Choose the safest alternative – the one that can't fail.
- Pick the option with the best odds for success.
- Select the alternative with the most desirable outcome – despite the risk.
- Eliminate any option that might present a loss you won't be able to live with – despite high odds for its success.
- Picture how you would successfully deal with possible negative consequences.
- Have Plan B ready just in case.



A DANGEROUS SIGN

The young man stood before the judge, waiting to be sentenced. The police had been after him for a long time and had caught up with him at last.

The young dacoit's mother, however, went to the judge and asked her to be easy on the boy.

'Judge,' she said, 'he was always a good boy. Everything he stole he gave me half.'



FOR THE VIOLENT-TEMPERED

It happened while Washington was still a young Colonel in Virginia. While attending a meeting, the young officer found himself engaged in an argument with a certain Mr Payne, and his temper rose to such a boil that he suddenly swung at his opponent and knocked him down.

Before the fight could continue, the two were separated; but the next day Payne received a request from Washington to meet him at a certain tavern. Anticipating a duel, Payne appeared at the appointed place and time, and found his aggressor seated at a table on which wine had been placed. He was surprised but he partook of the proffered hospitality, and at last Washington said: 'Mr. Payne, I was wrong last night and I choose this means of making amends. To err is human; to rectify error is human, too. You have already had some satisfaction, and if you deem that sufficient, here is my hand. Let us be friends.



You can have anything you want if you want it desperately enough. You must want it with an exuberance that erupts through the skin and joins the energy that created the world.

(Sheila Graham)

'In Chhoti Chhoti Batein we found G.G.B.

"गहरी गहरी बातें" ("Gahri Gahri Batein")

- Dr. B.M. Raturi M.D. Jaipur

NEWS: TO LEAD A BETTER LIFE

TRAIN YOUR BRAIN

The best activities for stimulating the growth of brain cells are those that inspire nerve cells to activate additional circuits.

Try these simple tricks .

Practise using both hands at once. Bounce two balls, stir two cups of tea. Try throwing two wads of paper at a basket, one overhand, one underhand-simultaneously:

- Think up 25 uses for a toothpick or elastic band.
- Write a set of instructions for an everyday task, such as trying your shoelaces.
- Use your non-dominant hand to brush your teeth, eat or apply make-up. Or pick things up with your feet.
- Close your eyes and move around your home. Concentrate on how you sense the presence of furniture or other people. Navigate by listening, smelling, even feeling different air temperatures.
- Look inside your wardrobe for a few minute, then shut the door. Make a descriptive list of everything inside. How much did you remember? You can try this with a painting or photograph.
- Shake up one routine each day. Take a new route home, try a new sport instead of your normal workout.



This is how one dotcom company has already interacted with a leading school in New Delhi. They've developed a website for them which any student (or any other departmental staff of the institution) can access to gain information related to their field of requirement. Particularly, as far as pupils from classes VI to XII are concerned, on every Friday after 6 pm the complete week's work is uploaded and is available to them on a homework website for one week. For reference, the earlier week's notes and assignments are also put in an archive section.

So my immediate question to the dotcommers was why in that case did the kids need to attend a bricks and mortar seminary at all? To meet friends, to play games, work out in the gym, check the library and maybe for lab work—yes—but where was the need to attend academic sessions? Or to go one better, if video conferencing and multiuser commercial interfaces is okey and often rampantly preferred with mercantile excess, what's wrong with extending the facility to school children? And, ergo, by default to their teachers.

Nothing actually. For one thing it would save time in transport and busing and all the ancillary hassles that any school-going child's household is riddled with every morning, including making a tiffin meal or trotting money out for the same, getting clothes ready on time or ironing uniforms, gathering books, toting knapsacks, etc, etc. This bane could easily be avoided if students could conduct the major part

of learning out of the convenience of their homes. Ditto their teachers.

The process of education would not suffer at all so long as a grading system on assignments kept tabs on cumulative learning - just like scaled down low-end correspondence courses function all over the world. A lot of real estate would be freed, a high cost-ridden administrative infrastructure would no longer be needed, schooling zones need never be localised geographically ever again and, therefore, most importantly, a parent could choose any school in the country to admit his or her ward to. Does anyone see a problem here? If they do, they're not ready for the future.

Mukul Sharma

REDUCING MIDDLE-AGE SPREAD

A new study suggests that cats might have the ultimate answer to the problem of how to stay thin. Although cats are probably among the laziest animals around, they tend not to get fatter with age-unlike humans and dogs. A 12-year-old cat has almost the same body composition as a three-year-old cat. Lean muscle is more metabolically active in cats than in people or dogs, so cats avoid the slow decline in energy expenditure that leads to middle-age spread. The next thing to do so is to stay thin for ever. In the meantime, if you want to lose some weight, you could always try sleeping 20 hours a day and spend the remainder climbing trees and scratching furniture

RUN YOUR CAR ON PLANTS

Researchers at Purdue University in Indiana are designing genetically modified plants that produce oil suitable for use in engines.

Berni Tao, the professor leading the project, claims plants oil and fats have the same base chemical structure as petrol and could be modified within a decade to perform in engines. Both petrol and plant oil are made up of chains of carbon atoms surrounded by four hydrogen atoms. However, petrol comprises chains that are eight carbon atoms in length, while plants oil comes in 15 carbon chains. Luckily, diesel fuel is also 15 carbon atoms long, so the team believes it will soon be able to produce a plant-based diesel substitute and will then seek one for petrol.



ORIGIN OF LIFE IS IN THE AIR

London: The origin of life is up in the air - literally, according to new scientific research. A team of international researchers argue life may not have begun in the sea as previously thought, but in tiny droplets of water thrown up by ocean waves and drifting high in the sky. In an article in New Scientist magazine, the researches argue such water droplets could have provided just the conditions needed for complex chemicals like DNA and proteins to form.

They noticed that as opposed to just sea water, up to half of the material in the droplets was organic matter-picked up

from oily molecules on the ocean surface. As the water in the droplets evaporates, the organic matter then becomes more concentrated and with energy from sunlight, it could undergo chemical reactions to combine or polymerise, they said. "There isn't really any question that the building block would be there," research team member Chris Dobson of Oxford University told the magazine. "The question is how polymerisation came about."



GET GOING ON COFFEE, IT'S FINE

SYDNEY: Good news for coffee addicts: there is no hard evidence that caffeine is bad for you. It does not contribute to cardiovascular disease or increase blood pressure.

But what a study commissioned by the Australian and New Zealand Food Authority did find was that caffeine does alter behaviour. The first cup of coffee in the morning gets you going. A second increased concentration, alertness and motivation. But a third cup leads to a perhaps debilitating excitement and can trigger an anxiety attack. The expert working group on the safety aspects of dietary caffeine was not one mind on whether it was absolutely safe for children to consume caffeine.



PIED PIPER; NY NEEDS YOU

New York is contemplating using birth control to fight against growth in the 70 million-strong population of rats in the city, according to city authorities. "The city is exploring birth control for rats," Richard Sheirer, director of the mayor's office of emergency management said. "We are exploring anything we can in this new age of science."

Mayor Rudolph Giuliani declared that he was upset by the huge rats that roam Manhattan. "They are frightening", Giuliani said at a press conference during which he announced the formation of a task force to fight the rodents.

MAKING MILK RICH I.N FATTY ACIDS

Guelph (Canada): A team of scientists at a Canadian university has discovered a natural way to produce cow's milk as rich in nutritious fatty acids as fish, a researcher has said.

Bruce Holub of the University of Guelph in Ontario said the omega-3 fatty acid, known as DHA, ensures the proper development of the brain and the retina and that foods containing DHA should be a part of the diet of babies and young children.

In addition to breast milk and fish, egg whites contain DHA but in a lesser quantity. Although cow's milk is full of calcium and proteins children need, Holub said it has no naturally occurring DHA.

By developing pellets rich in DHA and feeding them to cattle the scientists were able to produce milk fortified with the nutrient

WHEN YOU SIT, SIT

It would be a tragedy to go through life and never fully experience anything you do.

Some people live half-consciously without thinking much about what they do, or without feeling deeply about the events of their lives. Whenever something happens to them, they seem to be some where else.

Many of us live with an abstraction. Preoccupying ourselves with a past or a future does not exist. What exists concretely is simply this present moment.

Zen philosophy gives us this advice, "When you sit, sit. When you stand, stand. When you eat, eat."

In other words, whatever you do, be there. Otherwise, how can you be conscious of your life?



JUSTICE :

SEE ALSO CHARITY, HONESTY.

One sells a large quantity for a small price and then goes to the purchaser and denies the sale and asks for a higher price. But he cannot exceed the price once fixed on the plea that he has given a large quantity. Whether the price was adequate or inadequate, the price fixed at the time of sale must hold good.



GOD'S BLESSING

I asked God for strength that I might achieve.
But I was made weak, that I might learn to humbly obey.
I asked for health that I might do great things.
I was given infirmity that I might do better things.
I asked for riches that I might be happy.
I was given poverty, that I might be wise.
I asked for power that I might have the praise of men.
I was given weakness so that I might feel the need of God.
I got none of the things I asked for
But I got a life that I might appreciate all things.
I am, of all men, one of the most richly blessed.

(An Unknown Soldier)



SOURCE PUBLISHERS PVT. LTD.

Tara Mahal, 5th Road, Khar (W), Mumbai - 400052

Tel.: 6001558/6465741/6057186 Fax: 6002060